

Getting Ready for Youth Health Transition (YHT)

My Transition Plan

The most important thing to remember is that there is no 'wrong' way to do a transition plan! A transition plan is all about you, your health, and preparing for doing things on your own. When it comes to managing your health, it is important to let providers know what works for you and what doesn't. Your input is essential to your health and well-being. If you need help, get your family or a friend to give you a hand. Share your transition plan with your providers.

Start your transition plan with the checklist below. Use it to keep notes and contact information for referrals.

I will begin to take charge of my health

- ☐ I will learn more about my health condition by talking to my health care providers and family.
- ☐ I will go to smoothmovesYHT.org and gottransition.org for information on transition.
- ☐ I will begin to take charge of my health. These are the skills I need to work on:
 - ☐ Managing my medications
 - ☐ Ordering medicine from the pharmacy
 - ☐ Learning how to do my own medical treatments
 - ☐ Scheduling appointments
 - ☐ Filling out medical forms
 - ☐ Learning how to stay healthy
- ☐ I will ask my health care providers about meeting with them privately for part of my visit.
- ☐ At age 16-18, I will talk to my doctors about the transfer to adult health care providers (when will this happen and what providers they recommend) _____
- ☐ My personal transition goals and notes:
 - ☐ _____
 - ☐ _____
 - ☐ _____
- ☐ *For youth with disabilities or special health care needs* - I will contact **Families Helping Families** or the **CSHS Family Resource Center** at Children's Hospital to get needed information on transition resources:
 - ☐ health insurance _____
 - ☐ education after high school/job training _____
 - ☐ independent or supported living _____
 - ☐ medical/legal decisions at age 18 _____

Youth/Family Transition Support

Families Helping Families

Jefferson	504-888-9111	Southwest LA (Lake Charles)	337-436-2570
Southeast LA (New Orleans)	504-943-0343	Crossroads (Alexandria/Pineville)	318-641-7373
Greater Baton Rouge	225-216-7474	Region 7 (Shreveport)	318-226-4541
Bayouland (Thibodaux)	985-447-4461	Northeast LA (Monroe)	318-361-0487
Acadiana (Lafayette)	337-984-3458	Northshore (Covington)	985-875-0511

CSHS Family Resource Center (Children's Hospital New Orleans) 504-896-1340